



Apple Fries



Entire recipe: 167 calories, 0.5g total fat (0g sat. fat), 236mg sodium, 35.5g carbs, 4g fiber, 18g sugars, 6g protein

Prep: 10 minutes **Cook:** 20 minutes



More: [Recipes for Sides, Starters & Snacks](#), [Vegetarian Recipes](#), [30 Minutes or Less](#), [Single Serving](#)

Ingredients

1 medium Fuji or Gala apple (about 6 oz.)
1/4 cup whole-wheat panko breadcrumbs
Half a packet no-calorie sweetener (like Truvia)
1/8 tsp. cinnamon
Dash salt
1/4 cup (about 2 large) egg whites or fat-free liquid egg substitute
1/8 tsp. maple extract

Directions

Preheat oven to 400 degrees. Spray a baking sheet with nonstick spray.

Core and peel apple. Cut into half-moon slices about 1/4-inch thick.

In a medium bowl, combine breadcrumbs, sweetener, cinnamon, and salt.

In another medium bowl, mix egg whites/substitute with maple extract. Add apple slices, and toss to coat.

One at a time, shake apple slices to remove excess egg and lightly coat with breadcrumb mixture. Evenly lay on the baking sheet.

Bake for 10 minutes.

Flip apple pieces. Bake until lightly browned and crispy on the outside and slightly softened on the inside, about 10 more minutes.

MAKES 1 SERVING

Air Fryer alternative! Set air fryer to 392 degrees. Cook until golden brown, about 12 minutes, shaking the basket halfway through.

We may receive affiliate compensation from some of these links. Prices and availability are subject to change.

We may have received free product samples, which in no way influences whether these products are reviewed favorably, unfavorably, mentioned with indifference, or mentioned at all. Click for more about our [editorial](#) and [advertising](#) policies.

*The WW Points® values for these products and/or recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by WW International, Inc., the owner of the Points® trademark. For those on the Diabetic Plan, values may vary.

Questions on the WW Points® values listed? [Click here.](#)

Hungry Girl provides general information about food and lifestyle. This information and any linked materials are not intended and should not be construed as medical advice, nor is the information a substitute for professional medical expertise or treatment. [Click here](#) for more information.

